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'It happens'



Developer says changes to Nova Centre are minor

metroNEWS

JEFF HARPER/METRO

Hole-y savings

ROADS

Warm winter helping pothole budget, says city



**Zane
Woodford**
Metro | Halifax

This year's relatively mild winter is already saving the municipality money, and it could save your car, too.

Don Pellerine, Halifax Regional Municipality's streets superintendent for road operations, the business unit in charge of fixing potholes, said Monday he's on track to save a quarter of a million dollars by the end of winter.

"It's not over yet, but we're in the neighbourhood of \$250,000 we've probably saved," he said.

As of Monday, there were 667

reported potholes in the municipality, and 40 of those are priority one — meaning they're at least eight centimetres deep.

"Those numbers are minute, really," Pellerine said.

"These are numbers that we'd normally be seeing at the end of our summer season, the numbers are so low."

Pellerine said the number of priority one potholes is especially low, considering there were up to 8,000 of them reported over last winter.

"A lot of that has to do with the warm winter we've had," he said.

"We haven't been doing a whole lot of plowing. We've had maybe three or four major storms where we put our blades down," he said.

The municipality has also started making its own hot asphalt, which Pellerine said means that the potholes filled last year are holding up better than the patching his crews used to use.



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NOVA SCOTIA POWER

Energy plan means modest rate increase



Yvette d'Entremont
Metro | Halifax

Nova Scotia Power's residential customers won't see a rate decrease like they did this year, but the company announced Monday their rate stability plan would keep power rates at less than the projected rate of inflation.

The company announced it won't file a General Rate Application for the next three years. Instead, it's asking the Nova Scotia Utility and Review Board (UARB) to approve its plan for fuel cost adjustments at less than the projected rate of inflation for 2017, 2018 and 2019.

The plan was filed with the

UARB on Monday.

"We've been looking at ways to keep costs down as much as we can within the business so that we can provide what we know customers are looking for," said Nova Scotia Power spokeswoman Sasha Irving.

"We've certainly heard this through the electricity review about a year and a half ago now, which was stability and predictability in rates, and so we've been working very hard towards that."

The application submitted to the UARB would see power rates increase for all customers an average 1.3 per cent for 2017, 2018 and 2019.

For residential customers, that's equal to an increase of 1.4 per cent, or \$2 per month for the average residential customer. Nova Scotia Power said residential rates didn't rise at all in 2015, and actually went down 0.9 per cent this year.

Irving said the reason rates aren't decreasing over the three-year period is mostly due to fuel projection.

"As we move into a world where we have more renewable energy on the system, we have tighter standards we have to abide by on carbon and other emission standards," she said.



Nova Scotia Power crews work on power lines. METRO FILE

PICTOU COUNTY

Michelin tire project to create up to 90 jobs

Between 70 and 90 jobs will be added at Michelin's Pictou County plant as the company temporarily increases tire production at the site.

Michelin North America (Canada) Inc. announced the temporary production increase Monday and said it is needed to meet increased consumer demand for winter products.

"Simply put, our customers want more of our tires for our

challenging winters," said Jeff MacLean, President, Michelin North America (Canada) Inc.

560

Currently the Michelin Pictou County site employs about 560 people.

"To meet this need, we will be building more Michelin X-Ice Xi2 for both the Canadian and export markets."

The two-year project will add up to 90 temporary and contract jobs at the Michelin Pictou County site.

"This is good news for our site and our community," MacLean said. TC MEDIA

IN BRIEF

Premier names new chief of staff, deputy

Nova Scotia Premier Stephen McNeil has named a new chief of staff. McNeil announced Monday that Kristan Hines will be his

new top aide. Hines had served as director of strategic operations since October 2013. McNeil also appointed Ryan Grant as deputy chief of staff.

THE CANADIAN PRESS



A roadside memorial sits where a 21-year-old Middle Sackville man was killed on Sunday in a head-on collision. JEFF HARPER/METRO

Man killed in crash 'a ray of sunshine'

TRAFFIC SAFETY

Roadside memorial created for Sackville youth



Philip Croucher
Metro | Halifax

A roadside memorial has been enacted near the place where a 21-year-old Middle Sackville man was killed in a head-on crash from the weekend.

Adam Murphy died in the

collision that took place at 1:10 p.m. Sunday. On Monday, flowers and a condolence note could be seen near the accident scene, on Sackville Drive in front of Sportswheels.

The RCMP in Nova Scotia say they don't release names of victims from fatal accidents, but a public Facebook group called RIP Adam Murphy has grown to about 400 members and talks about the 21-year-old being someone who cared a great deal for his family and friends, and who loved cars.

"You were a ray of sunshine in all of our lives," writes one of the posts.

INVESTIGATION

Police said Monday they had no further information, but said the investigation was ongoing.

"RIP adam you will always be remembered for your generous soul and happy self attitude," writes another.

Decals are also being made and sold for \$5 to help raise money for the victim's family, with the slogan Chillin Like A Villain: 1995-2016.

According to police, two

vehicles were going in opposite directions of one another when a Hyundai Veloster, driven by the victim, veered over four lanes of traffic and smashed into a Toyota Camry.

The 21-year-old suffered serious injuries and was pronounced dead by the RCMP several hours after the accident.

Two other people, including a 62-year-old Lower Sackville man driving the Camry, suffered non-life-threatening injuries.

The busy road was closed for several hours in that area on Sunday, with drivers asked to detour along Skyridge Avenue and Hillcrest Avenue.

CRIME

Break and enters could be connected: Police



Zane Woodford
Metro | Halifax

Halifax police are exploring the possibility that 12 break and enters in the past several weeks are connected.

Police say the break and enters happened in Spryfield, Cowie Hill and surrounding areas between Jan. 25 and Mar. 2.

"This is basically a public advisory just so people in that area know that this is going on, but there's not a whole lot these homeowners could've done," Halifax Regional Police spokesperson Const. Dianne Woodworth said Monday.

In most of the incidents, the suspects forced their way in.

In four of the incidents nothing was taken, and in others, jewelry, electronics and loose

change went missing.

In one of the incidents late last month, a woman came home to find an unknown man in her home who ran out the back door when she came in.

He's described as being about five-foot seven, and was wearing a dark hoodie, track pants and a red ball cap and white sneakers.

He reportedly stole jewelry, military medals, along with women's clothing and under-

wear.

Police say they've identified potential suspects, but Woodworth would not say whether they'd interviewed anyone, and no charges have been laid.

Woodworth said police think the 12 incidents could be connected because of "similarities in the incidents and information gathered by our investigators."

Anyone with information is asked to call police.

Spring Garden hoping to be 'destination area again'

STREETSCAPING

Ideas include more lighting, wider sidewalk, one-way street

Dylan DesRoche
For Metro | Halifax

Business owners on one of Halifax's busiest streets are looking to revamp the area, bringing in bigger sidewalks, brighter streets and potentially turning Spring Garden Road into a one-way street.

Business owners, planners and concerned citizens gathered at the Dalhousie School of Planning Exhibition Hall on Spring Garden on Friday to discuss what they would like the area to look like.

"It was an opportunity for the community to come together and talk about how we can, and should, make Spring Garden a destination area again," Juanita Spencer, executive director of the Spring Garden Area Business Association, said Monday.

The meeting was an opportunity for the community to plan for the future, with some long-term ideas being thrown around for a full streetscaping project, said Spencer.

This project would see electrical wires moved underground, sidewalks widened and decorative lighting installed to brighten up the area.

"We very much would like to see this happen in the Spring Garden area," she said.

Additionally, there have been some more controversial ideas being thrown around,



There was talk in 2009 of redesigning the Spring Garden Road area, but a consensus wasn't reached and money from the city was spent elsewhere — which is why business owners want to be ready when funding next becomes available. JEFF HARPER/METRO

“Somebody wanted to do hopscotch on the sidewalks.

Kurt Bulger of Jennifer's of Nova Scotia

such as turning Spring Garden Road into a one-way street. The one-way would see Dresden Row having one lane of traffic going south, while Birmingham Street would see traffic going north.

The changes would all have to be funded by the city, but due to the budget for these

type of projects being depleted, no major changes will be happening anytime soon.

In 2009, there was some talk of redesigning the area, but a consensus wasn't reached, and the city's money was spent elsewhere. That's why Spencer and others are preparing now, so when the

funding is there they will be ready.

"We would like to have a coordinated effort; I think that really only happens through discussion," she said.

Kurt Bulger of Jennifer's of Nova Scotia, a high-end souvenir shop, was at the meeting. He is feeling optimistic, but is a little disappointed at some of the ideas discussed.

"Somebody wanted to do hopscotch on the sidewalks," Bulger said Monday.

Bulger went to the meeting

to seriously focus on a vision for the area, not to be organizing hopscotch games, he said.

"Like any of these events, you'll agree with some of the things said and you'll be puzzled about the other ones."

Bulger does want to continue the process, but at a higher level, with more reasonable ideas.

"Let's keep these things obtainable; you're not going to have a zoo in the middle of Spring Garden Road," he said. "That's not going to happen."

OFFSHORE DRILLING

Rig loses pipe in storm

Two kilometres of pipe that connects an offshore drilling rig to a wellhead deep under the ocean broke off and sank in a storm off Nova Scotia's coast Saturday, prompting concerns from an advocacy group over the risks of deepwater accidents caused by harsh ocean conditions.

Shell Canada says there was no drilling fluid or hydrocarbons leak because the pipe had already been drained of fluids and a blowout protector remained in place over the well.

The Scotian Shelf includes some of the province's richest fishing grounds for haddock, and a huge spawning area for lobster.

John Davis, director of the Clean Ocean Action Committee, said Monday the incident is a reminder of the enormous power of huge offshore waves on the Scotian Shelf — and the risks of an offshore accident in one of North America's most productive fishing grounds.

"It's another indicator to us that we need a regulatory regime that makes sense, and ... basically takes notice of the fact we're at the edge of our technological ability," he said in a telephone interview.

Environmentalists and fishermen have questioned the amount of time it would take the multinational company to bring a vessel and a capping system to the Shelburne Basin offshore site, about 250 kilometres off the southwestern coast of Nova Scotia, in the event of a blowout.

A Shell spokesman said in an email that in this instance the company was taking a precautionary measure ahead of a storm and there was no risk of a leak nor is there any need to bring in additional equipment.

THE CANADIAN PRESS



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Work continues on the Nova Centre on Monday in downtown Halifax. The site is expected to be complete in early 2017. JEFF HARPER/METRO

HISTORY

Province honours all-black battalion

Despite making an award-winning docudrama on Canada's only all-black military unit in 2001, director Anthony Sherwood says he's still amazed how little is known nationally about the No. 2 Construction Battalion.

Sherwood will present a special screening of his film *Honour Before Glory*, at the new Halifax Central Library on Tuesday as part of celebrations marking the 100th anniversary of the formation of the battalion in 1916.

"Nova Scotia is one of the provinces where the story has flourished and has been told several times," said Sherwood. "But I'm amazed that there is still a lot of people who don't know this story."



It was remarkable that they had to go through that legacy of fighting to fight.

Russell Grosse

The military unit formed during the First World War was the only predominantly African-Canadian battalion since Confederation. The segregated battalion allowed black men who had previously been turned away by recruiters to enlist in the military.

Sherwood said the unique story of the battalion is an important piece of Canadian history because it shows that there were black Canadians who served their country during the first great global conflict.

"I think that participation and that service should be recognized," said Sherwood.

Sherwood, a Halifax native, said he came to be interested in the battalion through the diary of his great uncle, Reverend William White, who served as the unit's chaplain. That diary became the basis for the film, which won a Gemini Award in 2002.

Formed on July 5, 1916 in Pictou, N.S., the more than 600-strong unit was mostly composed of men from Nova Scotia, although volunteers also came from other parts of Canada, the United States and the Caribbean.

After sailing overseas in 1917, the battalion served in various support roles along the Western Front in Europe digging trenches, building railroads, repairing roads and laying barbed wire.

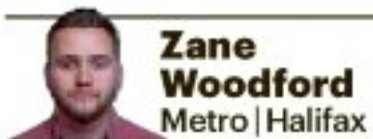
All the while its soldiers remained segregated from their white counterparts, living and sleeping in separate quarters.

THE CANADIAN PRESS

Nova Centre opening dates aren't set in stone

DEVELOPMENT

Developer says changes need to be made to building design



Zane Woodford
Metro | Halifax

The developer of the Nova Centre says the changes he's asking to make to the building's design are "minor."

According to an information report coming to the design review committee on Thursday, Joe Ramia, the owner of the company developing the Nova Centre, is asking to make changes to "some elements of the exterior design of the building, particularly with regard to the Market Street elevation and the exterior materials of the base of the building and the tower at the corner of Sackville and Market streets."

Those changes mean Ramia will have to notify the public, and submit a new substantive site plan approval application.

"I'm not sure how it built up that everybody's now writing about it, but they're minor changes," Ramia said Monday. "It happens on every building."

Ramia said the changes to the design on Market Street will affect a loading zone on that side of the building, and some mechanical systems for the kitchen space.

On the tower at the corner of Sackville and Market Streets, the current plan has a mixture of glass and spandrel glass, which is opaque. Ramia hopes to replace that spandrel glass with brick — something he said the design review committee asked for the last time he was there.

"That's the type of change we're talking about," he said.

"It's nothing that will make that much of a change to the building."

An update on the Nova Cen-



Joe Ramia says changes won't affect the project. METRO FILE

tre's website says the structure of the building was finished in January, and the mixed convention centre-office-retail-hotel structure has reached its full height.

The convention centre portion of the Nova Centre is scheduled to open at the end of September, and the whole

building is supposed to open next January, but Ramia said Monday those dates aren't set in stone.

"I don't know yet. We haven't finalized those dates," he said. "But these changes will not have any effect on what we're doing."

Ramia said the changes have

+ DETAILS

Some of the changes to the Nova Centre design:

- Opaque glass at the top of the tower would be replaced by brick
- The loading area off Market Street will change
- Ventilation and mechanical systems in the kitchen will change

yet to be finalized, so he won't be making a presentation to the committee on Thursday.

"We will have an information session for the public, and then we will present to the design review committee," he said.

Municipal spokesperson Jennifer Stairs said on Monday that the municipality is unaware of the specifics of the proposed changes.

"At this point all we know is that this information report is coming forward on Thursday," she said.

Hoops good for business

AUS CHAMPIONSHIPS

Tournament gives economic boost to city

Kristen Lipscombe
Metro | Halifax

From the competition on the court to financial gains off the court, Atlantic University Sport executive director Phil Currie called the conference's annual basketball championships "a successful weekend."

The 2016 AUS Basketball Championships ran Friday through Sunday at the Scotiabank Centre, with local teams the Dalhousie Tigers claiming their second-straight title on the men's side and the Saint Mary's Huskies winning their fourth consecutive banner in the women's game.

The annual event marked the second year that the men's and women's finals have been promoted and played out together under the bright lights of the major downtown Halifax venue, which



Fans of the Dalhousie Tigers show support Sunday at the Scotiabank Centre. JEFF HARPER/METRO

normally plays host to the Halifax Hurricanes of the National Basketball League of Canada and the Halifax Mooseheads of the Quebec Major Junior Hockey League.

"This event has been delivering an economic benefit to this city (and) province for a

"The product ... is just off the charts, in terms of entertainment value."
AUS official Phil Currie

very long time," Currie said Monday.

"There is an impact," he said. "When you look around (at) the restaurants and hotels and all those kinds of things; they're slammed."

Although ticket revenue went up this season when

compared to last season, Currie said that's partially due to a small increase in ticket prices.

"Not a tremendous amount, but we did grow in that area," he said.

In addition to the university players, coaches and administrators that hit Halifax streets over the weekend, there were also plenty of fans filtering out of Scotiabank Centre doors to take in all the basketball action.

Total attendance for the weekend was 15,647, according to Atlantic University Sport, with 1,588 fans taking in the final women's match-up between the Huskies and Cape Breton Capers, while 3,069 fans showed up for the battle between the Tigers and UPEI Panthers.

"Not only do they come, but they're engaged in basketball," Currie said of the city's hoops followers.

"What fans know about university sport, and university basketball in this case, is that they're going to get an exciting, wholesome product that they can bring their families to and really enjoy," Currie said.

JUSTICE

No bail as Oland appeals

New Brunswick's chief judge has reserved decision on Dennis Oland's appeal of a ruling denying him bail, pending the appeal of his murder conviction in the death of his father.

Earlier this month, Justice Marc Richard said Oland is not a danger to the public, but that's not a good enough reason to grant him bail.

In legal arguments on Monday, defence lawyers asked Chief Justice Ernest Drapeau to overturn that decision and free their client.

The body of Richard Oland was discovered face down in a pool of blood in his Saint John office on July 7, 2011. He had suffered 45 blunt and sharp force blows to his head, neck and hands.

Oland was convicted of second degree murder in December and has begun serving a life sentence with no chance of parole for 10 years. New Brunswick's appeal court will tentatively hear an appeal of the conviction on Oct. 18.

THE CANADIAN PRESS

THERE'S NO PLACE
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Schitt's
Creek

TONIGHT | 9/9:30NT



U.S. pours it on for PM

DIPLOMACY

Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning. On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature a personal touch to acknowledge



Canadian Prime Minister Justin Trudeau and his wife Sophie Grégoire arrive at the Commonwealth Heads of Government Meeting (CHOGM) in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at the White House — a chic and

relatively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for earlier that day that together

signal the president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

“It's really clear the president has invested in this visit.”

Paul Frazer

"He wants this to be a success for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stéphane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chretien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for PM's mother

Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS



Kim Cattrall and former PM Pierre Trudeau in 1981.

TORSTAR NEWS SERVICE FILE



Prime Minister Justin Trudeau holds two giant panda cubs at the Toronto Zoo on Monday. COURTESY JUSTIN TRUDEAU/TWITTER

ANIMALS

Pandas are little bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's ambassador, the zoo announced the male cub is named Jia Pan-pan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

The names were written on pink and blue signs and unveiled to great fanfare.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those get-

ting the first glimpse of the cubs, which have been held in a special maternity area.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The prime minister tweeted photos of himself cuddling the cubs but media outlets were not allowed to capture the private visit.

A spokeswoman said it was the zoo's idea to give the dignitaries a "unique experience."

"It was going to be a private (event), we had our photographer there as well who has taken pictures and each of their own photographers," said Jennifer Tracey,

senior director of marketing for the Toronto Zoo.

"Just based on the number of media we had, we knew that we wouldn't be able to accommodate everybody and we had to do it very quick."

The cubs were brought to their outdoor exhibit after their names were revealed — their first time on display since their birth last October.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said.

The cubs marked their 100th day in January and are now considered to have survived their infancy.

Their mother, Er Shun, is on loan from China, along with a male panda named Da Mao.

Both arrived in 2013 and are slated to be moved to the Calgary Zoo in 2018 before they go back to China.

The cubs are set to be introduced to the general public this weekend. THE CANADIAN PRESS

INDIGENOUS AFFAIRS

Teen urges equality in missing persons cases



Braeden Jones
Metro | Winnipeg

After penning an eloquent letter to the city's police chief describing her own possible disappearance, an indigenous Winnipeg teen has called for police to treat missing person cases uniformly.

When Brianna Jonnie, 14, wrote the letter to Chief Devon Chunis, she didn't expect that it would gain so much attention.

"I really only thought there

would be an email back saying, 'We got your letter, we'll talk about it,'" she said.

By the end of the day Monday she had already sat down with Mayor Brian Bowman to protest that missing Indigenous girls "weren't noticed (as missing) as quick."

In her letter she cited three recent high-profile missing persons cases in Winnipeg, shared widely within 24 hours, versus the days it took for information to be released about Tina Fontaine or weeks for others.

"The colour of one's skin, their socio-economic status, or whom their legal guardian is should not determine the level of assistance they receive in finding them... and yet, it does," Jonnie wrote.

She said she asked Bowman if he would be willing to work to eliminate the discrepancies, and "of course his answer was yes."

The Winnipeg Police Service praised Jonnie's letter but refuted her assertion there is any kind of bias in the handling of missing persons cases.



Brianna Jonnie
BRAEDEN JONES/METRO

IN BRIEF

CEO says outer space 'next resource frontier'

When humans set out to colonize other planets, they're going to need resources to build their settlements. That's the pitch Chris Lewicki, the president and CEO of a U.S. asteroid mining company, delivered Monday at the annual Prospectors and Developers Association of Canada conference in Toronto. He added it will be costly, pegging water at \$10 million a tonne. THE CANADIAN PRESS

Commander calls for drones

The country's top military commander says he's in favour of Canada acquiring armed drones.

Gen. Jonathan Vance, appearing before the senate's defence and security committee, says he has increased the priority for the air force's drone program.

The Liberals made buying drones a commitment in their election platform last fall and put out a call to contractors. THE CANADIAN PRESS



Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.



Catherine, Duchess of Cambridge and Prince William with their children Princess Charlotte and Prince George.



Prince William, Duke of Cambridge with his daughter Princess Charlotte.

ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

SKI HOLIDAY

March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his

brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

A woman should lead us: UN chief

EQUALITY

Climate official says exit of Ban Ki-Moon means the time is now

The United Nations' lead official on climate change says the next UN leader should be a woman, but she has no plans to seek the job.

Christiana Figueres, executive secretary of the UN Framework Convention on Climate Change, says a female candidate should succeed Secretary-General Ban Ki-moon when he finishes his second term this year.

But when asked whether she could be that woman, the 59-year-old Costa Rican diplomat told The Associated Press on Monday it was "not within my plans."

Figueres' role in shaping last year's long-awaited Paris Agreement to fight climate change has raised her international profile.

Four men and three other women so far have been nominated for the post. Figueres says she hasn't decided what to do after she leaves her job in July after six years in charge.

The Council on Foreign Relations, a U.S. think-tank, listed Figueres among its "women to watch" in the race for secretary-general, while Vogue magazine called her "one of the most promising" potential candidates.

Jean Krasno, a City College of New York professor who oversees a campaign to elect a woman as the next UN leader, described Figueres as "exactly the kind of secretary-general that we need, (someone) who can broker global agreements."

Figueres said it's "about time" that a woman gets the job.

She took the helm of UN climate change policy in 2010 and set out to persuade government, business and civic leaders to keep their faith that diplomacy could rein in climate-changing pollution. Chances for a deal improved in November 2014 when



Christiana Figueres
THE ASSOCIATED PRESS FILE

the world's top greenhouse gas polluters, China and the United States, jointly announced efforts to control their emissions. Figueres said she could see, by early 2015, that a global pact would be possible in Paris.

The Paris Agreement sets a collective goal of keeping global warming below 2 degrees Celsius compared to pre-industrial times, and to pursue efforts to limit the temperature rise to 1.5 degrees Celsius.

The Paris Agreement must be ratified by at least 55 countries.

THE ASSOCIATED PRESS

FRANCE

Aid group sets up migrant camp

Doctors Without Borders has opened a humanitarian camp for migrants in France.

More than 1,000 people fleeing the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said.

The aid group, known by its French acronym MSF, hopes hun-

dreds more will join them in the coming days. It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe. The 2.5 million-euro site at Grande-Synthe comprises four-person sheds, showers, kitchens and electricity. THE ASSOCIATED PRESS



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Clue#4

Evidence suggests the competition's testing from last week failed and they are now trying to figure out the rust durability of the SUPERSTRUCTURE™. Which city in Canada has the highest precipitation?

Hint:

Google™ "Canada's rainiest city."



*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00pm (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. TM/©The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

TOKYO

Blog spurs help for aging elephant

An elephant whose living conditions came under scrutiny after a Canadian woman's blog post will remain at a zoo in Tokyo, but the 69-year-old animal's keepers said they will work to make her pen more livable.

An animal welfare expert recommended additions to Hanako's pen including infrared heaters and new toys.

"The zoo has done a lot of good," said Carol Buckley, who was invited to the zoo by the Help Hanako campaign that sought to improve the elephant's situation.

Ulara Nakagawa of Vancouver drew international attention to the elephant's living conditions at Inokashira Park Zoo through her blog and by getting more than 400,000 signatures in an

online petition.

The 35-year-old woman took on the project after an online supporter started the petition, inspired by the blog post Nakagawa wrote last fall decrying Hanako's "concrete prison."

The zoo has said moving Hanako would be too stressful. A gift from Thailand in 1949, Hanako, or "flower child," has lived in a zoo since she was two years old.

Zoo Curator Hidemasa Hori, who met with Buckley during her visit, said the zoo will work on making the "environmental enrichment" changes, although some bureaucratic procedures would be required. The city of Tokyo runs the zoo.

Nakagawa says funds can be raised to help make changes for Hanako. THE ASSOCIATED PRESS



Hanako, 69, has inspired a campaign. THE ASSOCIATED PRESS FILE

LAW ENFORCEMENT

Ferguson ready to move on police improvements

Ferguson city leaders could end a potentially costly lawsuit from the U.S. Department of Justice now that the federal agency has assured them its plan to overhaul the city's embattled police and court system won't create an financial burden, the mayor said Monday. City

council members were concerned the city might go bankrupt trying to implement changes, which stemmed from a scathing DOJ review of city operations that included allegations of routine civil rights violations against black residents. The investigation came after the fatal police shooting of 18-year-old Michael Brown.

THE ASSOCIATED PRESS



Victoria McGrath, centre, thanks those who helped her after she was injured in the attack in 2013.

BIZUAYEHU TESFAYE/INVISION/THE ASSOCIATED PRESS

Boston Marathon bomb survivor killed

TRAGEDY

Three years after attack, student dies in Dubai crash

A college student who survived serious injuries in the Boston Marathon bombing was killed in a car accident in Dubai over the weekend, a spokesman for Northeastern University said Monday.

Victoria McGrath died Sunday, along with her roommate at Northeastern, Priscilla Perez Torres, the Boston school confirmed.

McGrath and Torres were on a personal trip.

McGrath, 23, received severe shrapnel injuries to her left leg from the first of two bombs placed near the

finish line on April 15, 2013. Three people were killed and more than 260 others were injured.

Now I'm angry that she's been taken from us.

Bruce Mendelsohn, one of McGrath's rescuers in Boston in 2013

the ground, bleeding heavily. He flagged down a firefighter,

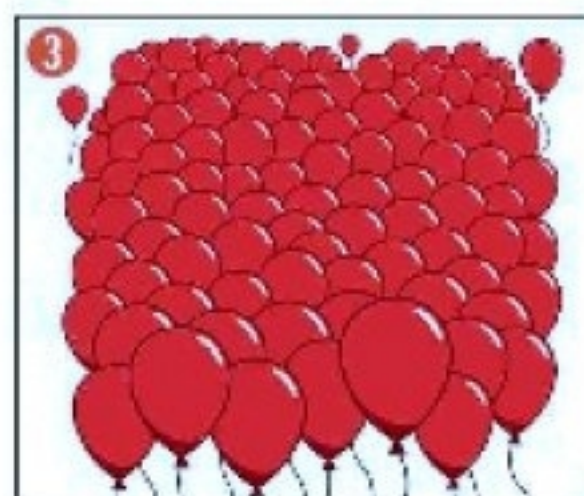
who carried McGrath away from the scene in what became one of the most widely used photographs from the bombing. McGrath later tracked down her rescuers and formed friendships with them, he said.

"At the time, I was angry that anyone could do such a thing," Mendelsohn said of the bombing. "Now I'm angry that she's been taken from us."

A Northeastern spokesman said McGrath was scheduled to graduate this spring.

THE ASSOCIATED PRESS

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Avoid friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed



Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. iStock

he would spend more money than he liked when he went out with certain friends.

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked

to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent \$10 on average. But if the friends were big spenders, frugal participants spent \$15 on average. Non-frugal partici-

pants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of

their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending \$25 on a meal. I could be spending \$15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

+ RETAIL TRICKS

Some ways retailers try to get you to spend more.

Removing the dollar sign from menus: A Cornell university study found people pay more when they only see a number and no dollar sign.

Decoy pricing: Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for \$59, or print and web for \$125 — most people chose the cheaper one. But add just print for \$125 and most chose the print and web option because it seemed like the best deal.

Reduce the font size: Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.

Anchoring: How to sell a \$700 handbag? Put a \$2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

INVESTING

Women identify as savers, study finds

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus investors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

The survey found that of those polled who have started

saving, men have saved nearly double what women have.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors.

As women get older, however, they gain confidence. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are. THE CANADIAN PRESS

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EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.



It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that “you are beautiful,” even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute \$81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared

himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his “other” mother, Kim Cattrall).



NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

to cyberbully me into submission.”

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other feminists. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: “What feminism means to me is that you don't let your gender define who you are.”

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights. **Barack Obama:** The president's 2014 State of the Union address was famously feminist. In his own words: “It's time to do away with workplace policies that belong in a Mad Men episode.”

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview



Recently in sexism: Barristers, buses and busts edition

Welcome to another “What's new in latent and not-so-latent sexism,” your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. “Woman gropes man's genitals over his clothing while he sleeps on public bus” read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows “who I am, and that I have a life, and that I'm not just some random person on a bus.”

Actually, she's a single mother of two and a full-time student, hence the dozing off.

“We need to start treating women with more respect because we are not objects,” she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and “differential treatment” by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called “little lady,” a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the

1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about \$2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwen-dolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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DONTAE RICHARDS-KWOK, 26
SPRINTER, 100 & 200 M
6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour. **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's

national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the begin-

ning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE



MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.

8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water,

biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled

asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.



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Yoga move has your back

BACKSPIN

Deconstructed shoulder pose aids range of motion

YuMee Chung
Torstar News Service

Want to maintain strength and flexibility as you age? Experts say the secret is to "use it or lose it."

Let me show you a pose that takes your shoulders through the range of motion necessary to do up a back-closure bra (or scratch the middle-upper back if you don't own a bra). It's called the Backspin and it's a deconstructed version of a yoga classic called Cow Face Pose.

The Backspin

1. Internally rotate your right arm and bring the back of the hand to rest on the small of your back. Channel your inner speed skater.

2. Wiggle the hand up your back toward the spot between



Pressing the back of your hand into the spot between your shoulder blades provides long-term benefits. TORSTAR NEWS SERVICE

your shoulder blades.

3. Feel stuck? Help yourself along by leaning the right outer-upper arm against a wall to squash the inner arm against the side seam of your body. Use this opportunity to squirm the hand a little further up your back.

4. Press the back of the hand actively into your body as if you are going for a winning backhand with a ping pong paddle. Imagine you could pass the hand right into your body and out the other side.

5. Hold for five breaths before switching sides.

NEW SPIN ON A CLASSIC
Practise the Backspin to ensure your shoulders retain necessary mobility for years to come.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

FITNESS

Sports that burn up the calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.

1 Cross-country skiing, 974 calories per hour, uphill Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

2 Step, 876 calories per hour A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.

3 Skipping, 800 to 850 calories per hour Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.

4 Running, 600 to 800 calories per hour Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.

5 Boxing, 600 to 800 calories per hour Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. AFP



Cross-country skiing burns 974 calories. ISTOCK

TECHNOLOGY

Survey sparks discussion about sexism in emojis

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis. This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, few are playing sports and none are represented in professions.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of



Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

emojis that are very stereotypically girly," said Heather Payne, CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple. Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform — such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based

linguist Gretchen McCulloch, who is writing a book about Internet language.

"What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

TORSTAR NEWS SERVICE

Mary Grace Amstaff

Four year old Mary Grace is looking for her new forever home... one with children age 16 or older and with no other pets. She is quite playful and would benefit being a part of a family with an active lifestyle who is able to get her out and about. This highly motivated dog knows most basic commands ranging from sit, to paw, to lay down! If you feel Mary Grace would be a fit for your family, please stop by the shelter today to spend some quality time getting to know one another. **She is looking forward to meeting you...**



For more information on **Mary Grace** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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This year step up for gender equality

INTERNATIONAL WOMEN'S DAY

Setting targets for women's rights internationally

Will McGuirk

International Women's Day is being celebrated today and the theme this year, set by the United Nations, is Planet 50-50 by 2030: Step It Up for Gender Equality.

Some key targets are equal access to quality education, elimination of genital mutilation and forced marriage.

But at a time where half of Prime Minister Justin Trudeau's cabinet is female, the interim leader of the opposition and three premiers are female and business, cultural and social leaders are female, we can ask what relevance the day has.

The Women's Movement over the last century resulted in the opportunity for women to live their life, their way (and in a time where transgender



International Women's Day is to celebrate the work already done but also to acknowledge the work still ahead. iStock

issues are high profile). In 2016 what does being a woman even mean, and for that matter,

what does being a man mean? Why dedicate a day?

The answer lies in the word

'international.' Internationally, many women have little to no control over their own lives.

Internationally, "50/50" are the odds of survival for women in many places. Internationally,

women are denied access to health care, education, the right to vote and even the right to decide their own destiny.

Women and girls make up 80 per cent of people being trafficked in the sex trade and millions of girls as young as eight years old will be married off in 2016. Women and girls are dying to get into the West, risking their lives crossing seas in weak-sided rafts.

It may be that internationally women do not have the luxury of an identity crisis. It may be that men will have to redefine what being a man is first before women can progress further globally. Perhaps it's time to admit being a man means sharing the planet with women equally, as partners, 50/50.

Trudeau said last year his cabinet is 50/50 because "it's 2015". International Women's Day is for women to celebrate work done but also for men to acknowledge the work they still have ahead.

It's 2016; time for men to stand up and offer their seat at the table to women. That as your mom taught you, would be the gentlemanly thing to do.



International
Women's Day



A TURNING POINT
FOR WOMEN

GIRLSPACE

WISH
women in
supported housing

EARLY LEARNING &
CHILD CARE CENTRES

SHYM
supportive housing
for young mothers

STEP
AHEAD

Grant Thornton
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Today, as we celebrate women and girls across the globe, we would like to pay special attention to the following women and girls who have been recognized by generous donors through our campaign.

Abigail Bryant, In Memory
Aimee Carbonneau
Aimee Delehanty-Pike
Amanda Mangoon
Anita Simmons-Clancy
Ann Boswell
Ann Schwartz
Anna Smith, In Memory
Anna Stuart
Annie Vivian
Arlene Burton
Anthony Stubbart
Arylene Reyecraft
Aulikki Suckanautio
Barbie Wade
Becca Green-LaPierre
Beth Moser
Bethany Lesama
Betty Fulton
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Honoring the Lives of
Canada's Missing and
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Jodi Weinman
Jody Egan
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Kara Moore
Kate Therien
Katherine Kitching
Kathy VanderKooi
Kellah Wynter
Kelly Gaudet
Kelly Trout
Kiersten Holden
Kristen Hollery
Krysta Coyle
Laura Audin Campbell,
In Memory
Laura McCain
Laurel Broten
Leah Hustoun
Leanne Lucas
Les femmes acadiennes et
francophones de la
Nouvelle-Ecosse
Leslie Gascoigne
Libby Osgood, P.Eng.
Lisa Doyle-Tighe, In Memory
Lisa Farrugia
Linda Black
Linda Wilson
Lisa Drader-Murphy
Lisa Wood, In Memory
Lori Smith

Louise Adongo
Louise Hanavan
Lydia Buggden
Madeleine Asprey
Mae Soto, P.Eng.
Malja-Lisa Kosonen
Marcia Olsen
Martha MacLellan, In Memory
Mary Lynn Smith, In Memory
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May Chung
Melinda Bell
Michael Merrick
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Mohja Ali
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My Tisha Aunties of New Vic
Myrtle Corkum
Nancy Wallace
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LEARNING CURVE

Succeed by learning to fight test anxiety

Use the Earth, Wind and Fire strategy to ground yourself

You open your book to study, but you're overwhelmed with a sense of panic. Or you're in an exam room, you know the material, yet when you look at the first test question, your heart starts racing and your mind goes blank.

You're not alone.

It's common for students to experience test anxiety, according to psychologist Kimberly Eckert of the Eckert Psychology and Education Centre in Calgary. "Sometimes tests take on magical powers for students and can really overwhelm them," she says. "But it's really important that students learn that our brain is wired to protect us when we feel threatened ... and that activates our flight or fight system."

The key to taking hold of test fear is to understand the biology behind it. When we

are in a stressful situation, our body responds with the stress hormones cortisol and adrenalin. "So we have to do specific things to have that cortisol and adrenalin leave our blood stream so we can be calm and show what we know and what we studied hard to learn," says Eckert.

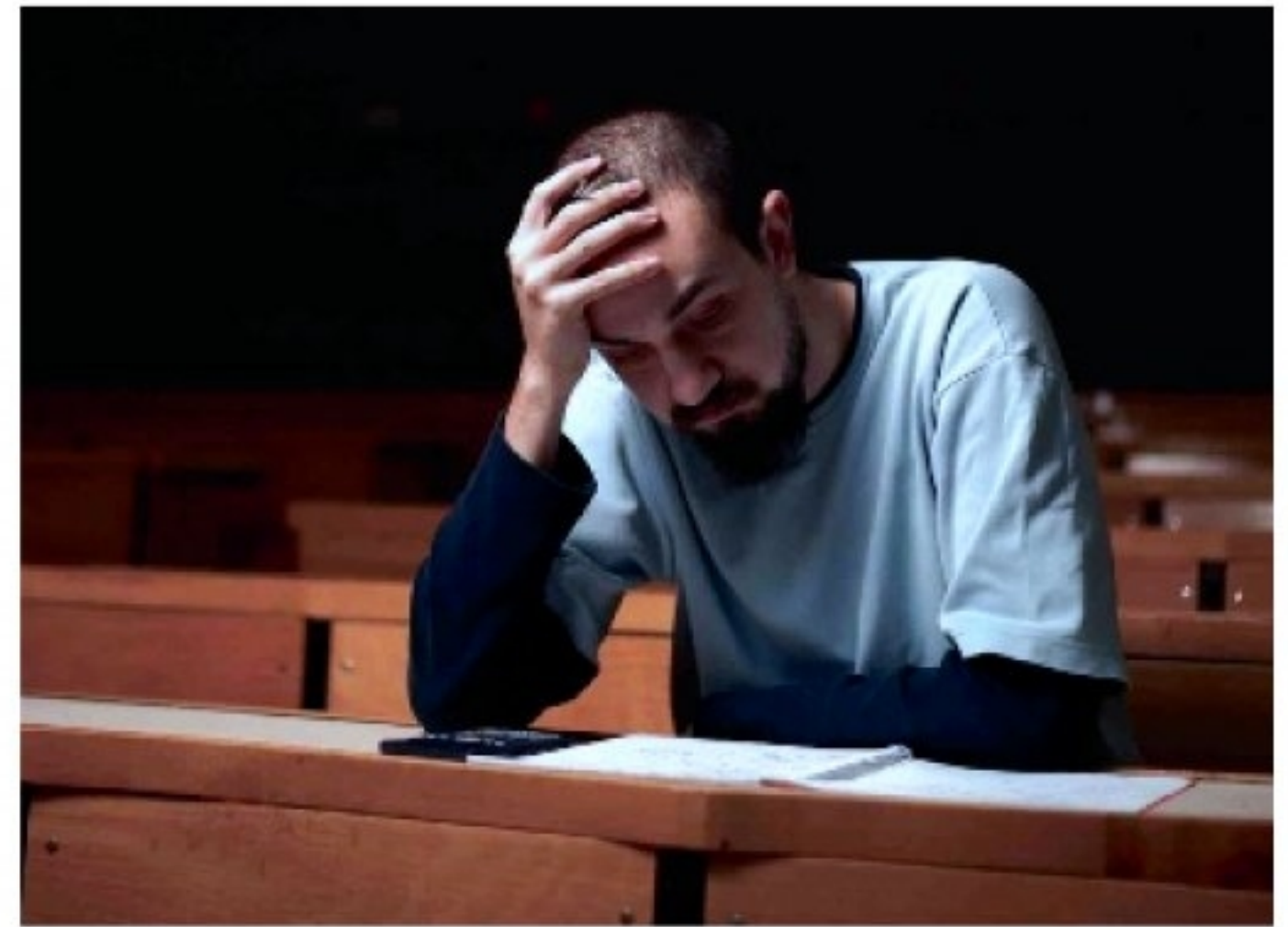
Eckert teaches her students a strategy she dubs 'Earth Wind & Fire' (yes, after the band) to help ground themselves in stressful test situations.

The first — Earth — is to look around the room and focus on five separate things.

"It could be looking at a picture and noticing something about it you haven't noticed before," suggests Eckert. "As soon as you focus on these things it brings you to the present and your flight or fight system begins to shut off."

Wind is all about focusing on your breathing. Eckert suggests "square breathing" — inhaling for a count of five, holding the breath for a count of five, and then exhaling for a count of five.

"We know one of the fastest ways to calm



ISTOCK

yourself in these situations is to get oxygen to the brain," she says.

Finally, Fire is to find a way to get moisture in your mouth to put out the stress fire. "We know that when you have a lot of moisture or saliva in your mouth, it actually helps calm the

fight or flight symptoms," says Eckert. She suggests bringing lozenges or a bottle of water, or both, to an exam as a calming strategy.

"It's really just knowing how to calm your body down when it does go into that fight or flight response during an exam," she adds.

STUDY SKILLS YOU NEED TO ACE EXAMS

Studying for exams can feel daunting because the stakes and expectations are so high. But if you apply good study habits throughout the semester, you're more likely to ace those tests when exam time rolls around.

Keri Noonan, a Toronto-area high school and elementary school teacher, says that the study skills you learned before you got to college or university will serve you well when that exam period comes. "Focusing on main ideas is key," she says.

Noonan suggests strategies like reading the material and sorting the main ideas into a graphic organizer, or asking yourself a guiding question to help you focus on what's really important in the material. She also recommends practicing "open book" tests so you can access



ISTOCK

the information and create study guides that you can use later.

It's common for first year students to confuse comprehension with memorization, says educational psychologist Kimberly Eckert of the Eckert Psychology and Education Centre in Calgary.

"It takes a lot more work to get the material mastered and accessible in your brain for you to pull on it to answer those multiple choice questions or answer a detailed essay question," she says.

"You can't memorize everything, so you have to focus on the most important information and reduce it," she adds.

To achieve that mastery, Eckert recommends using an app — "there are hundreds out there" — that allows you to take test material and create flashcards and tests. This way, it's portable on your phone and accessible at any time for quick review. One of her favourites is Quizlet, available for free in the iTunes app store.

Finally, don't study too hard. Eckert says that we have something called an ultradian rhythm, where our body functions better and our brain retains more doing tasks for shorter periods. She recommends taking a 15-minute break for every 60-90 minutes of studying.

"Go do something that's fun — listen to some music, text some friends, go for a walk — this will make studying go much better and you will actually retain more of what you learn," she says.

According to Eckert, when researchers create an environment where people have no play

in their day and are only busy with task related activities, they've had to stop the study after two days because people develop generalized anxiety disorder that quickly.

"We do have to have some fun in order for us to stay in the flow and be able to learn well," she says.

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A WORLD OF CAREER OPTIONS

Before deciding to become a hair stylist, Pam Collier had some good insight into what people in the industry thought about the career. She worked at an ice cream shop in the Sunnyside Mall in Bedford and directly across from the business there was a Head Shoppe location.

"I used to watch them with their clients all day, doing hair and I just thought it would be a fun job. It didn't seem like work at the time," said Collier.

When the staff would visit the ice cream shop, their pleasant demeanours impressed Collier and she never heard them say a bad word about their work.

Collier started studying hairstyling at HDC Hair and Esthetics in 1988, graduated a year later and began working for the Head Shoppe, which is a sister company of HDC Hair and Esthetics.

While she found the work fulfilling, she always knew she would end up teaching. The



CONTRIBUTED

idea of being an instructor, helping mentor people, and watching them grow and succeed is what appealed to her.

"I always knew I loved education," said Collier.

She became an instructor for HDC Hair and Esthetics in the early 2000s and remains there to this day in that capacity.

To learn more about studying at HDC Hair and Esthetics, visit hairdesigncentre.ca/school/ or call the student liaison at 902-422-8491.

Help improve quality of life for those in need

In the human services support worker program at Maritime Business College, students learn how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

"There is a great deal of joy and satisfaction from seeing your clients develop and flourish," says Janice Currie, director, Maritime Business College.

"You help provide a richer quality of life for both the disabled and their families and caregivers — you are a champion of true change."

Students of this program will be trained to work with disabled clients that face physical, mental and/or intellectual challenges.

Through the help of human services support worker graduates, clients will learn essential life skills to achieve independence, including employment skills, financial management and socialization.

"This is not a job for paper pushers — it is a fulfilling, hands-on career with a great deal of personal interaction," says Currie.

Currie says this is a career with high employability. Graduates are prepared for employment



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as human service workers in government, community-based agencies, health care or educational facilities providing services to individuals with mental, emotional, learning and/or physical disabilities. Due to the diverse training, graduates have many employment options and can choose an area of the field that suits their personality and interests. For more information about the human services support worker program, visit maritimebusinesscollege.ca.

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Like to plan the perfect vacation?

For those who love travel and are excited by the idea of helping others plan new adventures, the travel and tourism program at Success College can give you the training needed to begin a career in this dynamic field.

For Success College graduate Carol Mack, she found her perfect place of employment at Expedia Cruise Ship Center.

"My role is to help people choose, plan and arrange their holiday from front door to front door," says Mack.

"My day-to-day duties include selling holidays and insurance, providing advice about visas or passports, managing budgets, meeting sales targets and preparing promotional materials and displays."

She adds that the best part of her new career is that she is able to set her own hours and even work from home. After travelling to Europe several times, Success College graduate Sarah-Jean McLane



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decided it was time to make travel her profession.

"I love to help people find the perfect vacation and to hear them gush about their trip when they get back," says McLane, travel consultant at tripcentral.ca.

The travel and tourism program is a 60-week program that includes a one-week familiarization tour.

"Contrary to popular belief, the demand for travel agents is increasing, and all of the graduates from the last two classes have found employment in the field," says Janice Currie, director, Success College. For more information, visit successcollege.ca.

Frontline of animal care

Veterinary hospital assistants (VHAs) fill a variety of roles: they're the counsellor, educator and advocate — they're at the frontline of animal care.

"Veterinary assisting is a dynamic and fulfilling path for anyone desiring a rewarding career in animal health care," says Janice Currie, director, daVinci College.

"Our nine-month veterinary hospital assistant program provides hands-on training with actual animals and prepares students for the fast-paced, quality-controlled veterinary hospital environment."

Under the guidance of experienced industry professionals, VHA students learn relevant theory and master practical skills using actual field equipment. Courses include a range of topics: pet first aid, anatomy and physiology, clinical office procedures, nutrition, communications, veterinary medical terminology, dog and cat behavior, fundamentals of dental and surgical procedures, and many more.

"You'll be taught by experienced, industry professionals with other like-minded students," says Currie.

"But we give you more than just cool skills and valuable knowledge; we prepare you for real jobs that are waiting for you to take or create."

Graduates of this program become qualified



CONTRIBUTED

"front-line" veterinary hospital assistants and regularly find rewarding careers in such animal health care settings as veterinary hospitals and clinics, animal emergency, referral specialty and teaching hospitals, doggy daycare and boarding kennels, and non-profit rescue and rehabilitation organizations.

Classes begin several times per year and typically fill up far in advance.

For more information about the veterinary hospital assistant program, visit davincicollege.org.

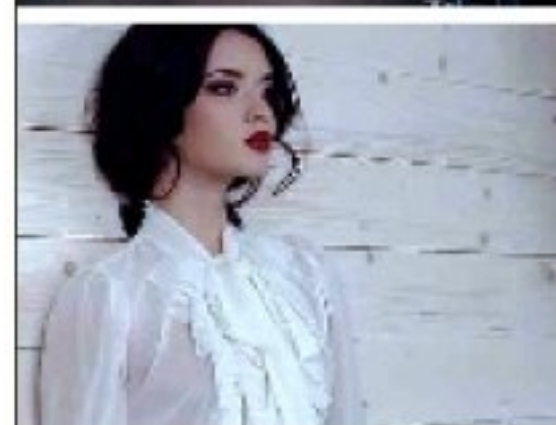


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'Do or die': Another Game 3 for Huskies

AUS WOMEN'S HOCKEY

Saint Mary's faces Tommies in Game 3 for all the marbles



Kristen Lipscombe
Metro | Halifax

One game.

That's what it comes down to for the Huskies, following a 17-6-1 season that saw them top the standings and five playoff games that will culminate with Tuesday night's final faceoff for AUS women's supremacy.

The puck drops on Game 3 against the St. Thomas Tommies at 7 p.m. at Alumni Arena on the south-end Halifax campus.

"This group never makes it easy for themselves," Huskies head coach Chris Larade said. Saint Mary's also lost Game 2 to St. Francis Xavier in the semifinals before falling 4-1 in Game 2 against St. Thomas on Sunday. "They make it tough on themselves, but they've been finding ways to win when it comes down to it."

Saint Mary's captain Breanna Lanceleve, 20, of Middle Sackville, agrees her team is "a very tight group of girls, but we like to make things hard on ourselves."

The Huskies are reacting in



Saint Mary's Huskies forward Breanna Lanceleve carries the puck against the St. Francis Xavier X-Women earlier this season. NICK PEARCE/ATLANTIC UNIVERSITY SPORT

the same way they did after the Game 2 loss in the semifinals.

"Everyone's just kind of doing their own thing today, kind of trying to regroup," said Lanceleve, the AUS leading scorer, with 11 goals and 17 assists in 24 games.

The Huskies took Monday off to rest and will hit the ice early Tuesday for a skate.

"We do get a second chance which is something we have to be grateful for," Lanceleve said.

A win Tuesday night would give both Larade and Lanceleve their first conference titles. The Huskies haven't claimed an AUS women's hockey banner since 2009-10.

Lanceleve said the Huskies especially hope to win it for graduating players Caitlyn Schell, Rebecca Johnson and Carly Gray.

The Saint Mary's team mentality has pushed the Huskies all season.

"No matter if your role is go-

ing to play, say 25 minutes of the game, or if your role is going to be not getting any ice at all," Lanceleve explained, "it's going to be a team win, no matter what."

The Tommies, who finished third in the regular season but swept the quarter-finals and semifinals won't be easy to top.

"We're playing a very tough team," Larade said.

"It's do or die for both teams," Lanceleve agreed.

NFL

Manning calls end to 18-year career

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this

month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway had the blueprints.

THE ASSOCIATED PRESS



Peyton Manning

THE ASSOCIATED PRESS

COURT

Andrews awarded \$55M in lawsuit

A jury awarded Erin Andrews \$55 million on Monday in her lawsuit against a stalker who rented a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame.

After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly \$27 million.

Andrews, a Fox Sports reporter and co-host of the TV show *Dancing with the Stars*, wept as

HARD TIME

Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

jurors announced the verdict.

Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

TENNIS

Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end

my career this way, and I really hope I will be given another chance to play this game."

The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous

health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job,

and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity. THE ASSOCIATED PRESS



Maria Sharapova

PETER PARKS/AFP/GETTY IMAGES

IN BRIEF

Dickey, Saunders lead Blue Jays past Braves

R.A. Dickey tossed three scoreless innings, Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday.

Dickey allowed one hit to Gordon Beckham to open the third and threw 31 pitches with one walk.

Saunders, who homered twice and drove in five runs during Saturday's victory over Philadelphia, connected for a long solo shot to right field in the third. THE ASSOCIATED PRESS

Talbot, Scheifele, Burns named three stars of week

Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL's three stars of the week.

Talbot went 3-0-0 with a 0.65 goals-against average, .981 save percentage and one shutout to backstop the Oilers to three wins in four games.

Scheifele led the NHL with six goals in four games, while Burns led all blueliners with six points in three games. THE CANADIAN PRESS

RECIPE Lemon Thyme Chicken Burger



PHOTO: MAYA VISNIVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 6

Ingredients

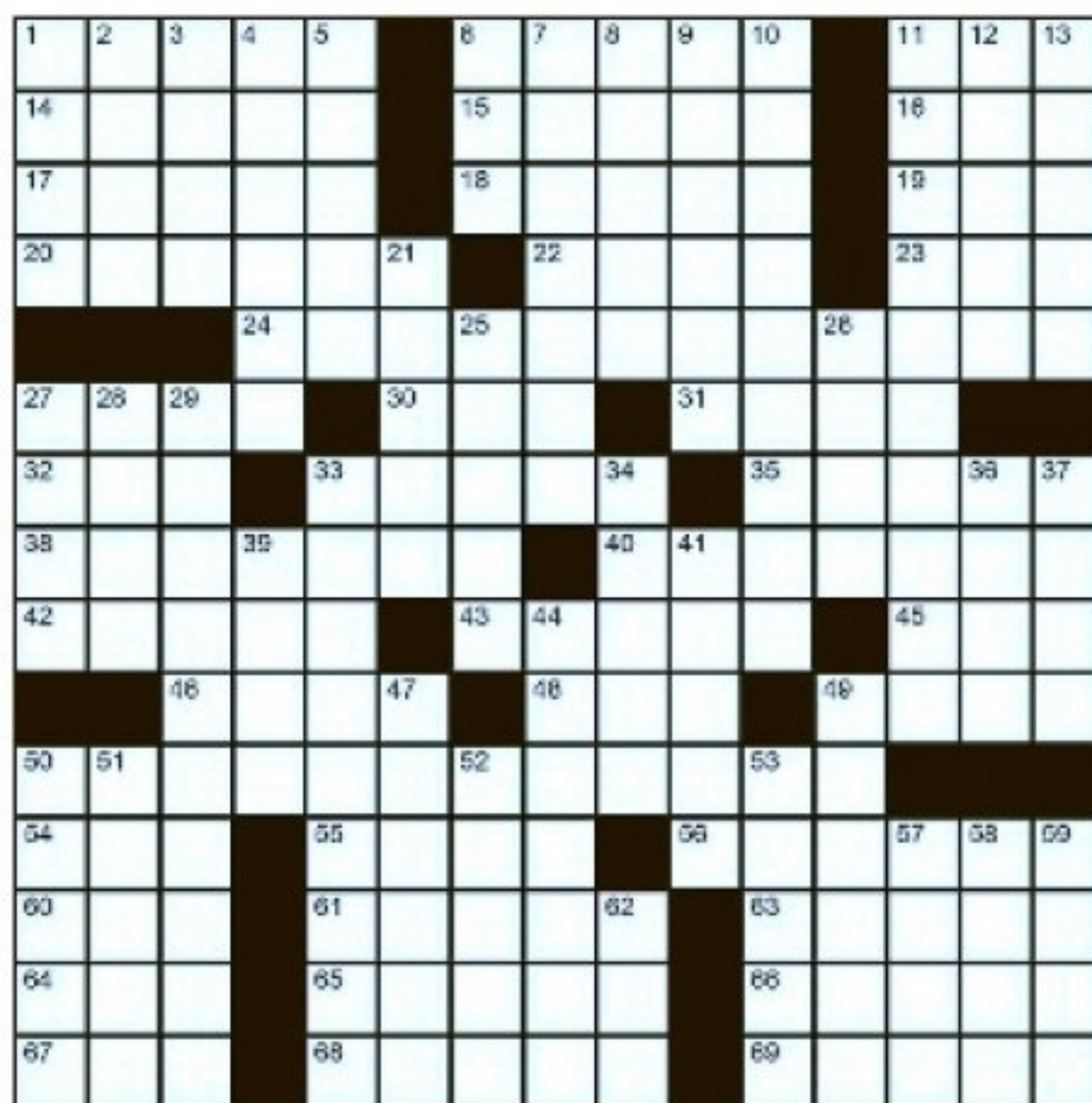
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead __ King Eternal"
17. Jan __ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'T' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue __
32. __-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. __ in Calgary
46. Diving birds
48. Numero __



49. The __ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe

- stores
63. Ceremonial headaddress
64. __ much (Few)
65. County in Ireland
66. Open, as a jacket
67. __Caps (Candy)
68. Loretta's por-

- trayer on film
69. Alberta town, __ River

DOWN

1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. __ Barbara, Cali-

- fornia
6. "Clothes Off" by Canadian singer/songwriter __ Mae
7. Human's replacement in outer space
8. Eric Clapton's __ the Sheriff
9. __ and bonds
10. Frank Gehry's

- gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. __ radio
28. Ointment
29. __ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. __ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. __ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

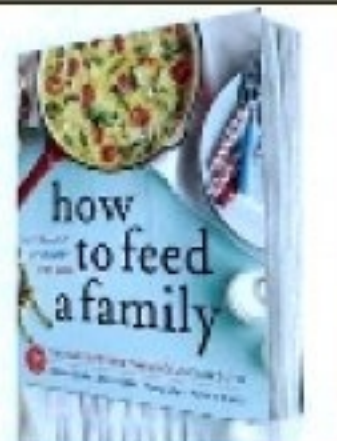
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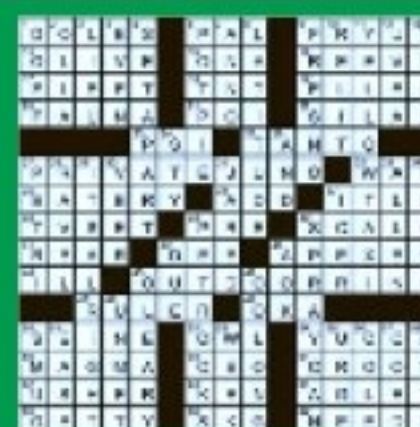
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